**Walter Reed Otolaryngology (ENT) COVID Screening Policy for Endoscopy**

**What is endoscopy?:** Endoscopy is a minor procedure that allows your provider to visualize areas in the nasal cavities and upper airway down to the level of your voice box. This tool will assist your provider in diagnosing disorders of the nose, sinuses and upper airway.

1. In order for you to undergo endoscopy, you should not have symptoms of active COVID 19.

The following are a list of symptoms of COVID 19:

Cough Fever Shortness of breath

Sore throat Shaking chills New loss of smell or taste

Headache Muscle aches Diarrhea

Please alert your Provider if you have symptoms of COVID 19. You should not undergo endoscopy if you have symptoms.

1. Please go to the Walter Reed COVID Screening Area tent located outside of the Emergency Room entrance **TWO FULL** business days **(48 HOURS)** prior to your ENT appointment for endoscopy. If your procedure is on Monday or Tuesday go to the tent for screening on the Friday before the procedure. (Pre-screening Tests are not performed on the weekend.)

Endoscopy Date: COVID TEST DATE:

Monday Preceding Friday

Tuesday Preceding Friday

Wednesday Preceding Monday

Thursday Preceding Tuesday

Friday Preceding Wednesday

1. Tell the personnel at the tent that you are there for a pre-endoscopy screening test with ENT and obtain a nasopharyngeal swab COVID test.
2. While at the tent, pick up a pre-endoscopy packet.

This packet will include an iodine nasal wash and premedication for the procedure.

Instructions for use are on the back of this page.

1. In the event of a *positive* COVID test you will be notified and the planned endoscopy will be postponed.
2. Patients will go into **self-quarantine** from the time of testing until the procedure. CDC precautions (hand hygiene, cloth covering/face mask, social distancing, etc.) will be adhered to.

**PREMEDICATION FOR ENDOSCOPY**

Information about Dilute Betadine Pre-washing: Rinsing the nose with dilute betadine can reduce viral loads in the nose and may make it safer for your healthcare team to perform endoscopy. Rinsing the nose with dilute betadine has been used effectively by Rhinologists and has a good safety profile. COVID-19 testing may have (5-30%) false negative results leading to the recommendation for pre-washing the nasal cavities.

DO NOT USE BETADINE NASAL RINSE IF YOU ARE ALLERGIC TO BETADINE or IODINE or HAVE A SEAFOOD ALLERGY.

**JUST BEFORE LEAVING YOUR HOME FOR THE ENDOSCOPY** (Within 1-3 hours of your appointment time.)

Place the atomizer (white cone) onto the BETADINE syringe and spray 2ml into each nostril. Perform the procedure over the sink.

You will have a syringe for each nostril pre-loaded with 2ml of dilute betadine. You will have only one atomizer.

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Information about Lidocaine/Afrin premedication: Lidocaine is a topical numbing medicine and afrin decongests the nose. Together these medications open up the nasal passages and reduce discomfort with the procedure. You may have numbness in the back of the throat and it may feel different when you swallow. This medicine is effective for about 30 minutes.

DO NOT USE LIDOCAINE/AFRIN RINSE IF YOU ARE ALLERGIC TO LIDOCAINE/NOVOCAINE OR AFRIN

**JUST PRIOR TO ENTERING THE HOSPITAL**

(While you are outside far away from others or in your car.) Have a Kleenex available to wipe any nasal dripping.

Place the atomizer onto the LIDOCAINE/AFRIN syringe and spray 2ml into each nostril. You will have a syringe for each nostril that is preloaded with 2ml of the solution. You will use the same atomizer from use with the betadine.

**YOU ARE NOW READY FOR YOUR ENDOSCOPY APPOINTMENT**

**Please call 301-295-4664 with any questions.**